Emotional health is vital to living a balanced and productive life.

Our self-help programmes give you the skills to deal with everyday issues that affect your emotional health.

**What programmes are available?**

Choose from programmes to help with:

- **Stress**
  Overcome and manage your stressors.

- **Sleep**
  Build healthy sleep habits.

- **Resilience**
  Enhance your wellbeing and build work-life balance.

- **COVID-19**
  Helping you to deal with worry, sleep issues, loss and work-life balance.
I loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better.

SilverCloud Health User

What are the benefits?

Easy to Access
Online when the time is right for you.

Easy to Use
82% of users find the programmes simple to use.

It Works
Most users report feeling better having used the programmes.

How do I access these Self-Help Programmes?

Enter your details to set up an anonymous account.

Login, learn & practice. A recommended pace is 1 module a week.

Sign up online at: wellbeing.silvercloudhealth.com/signup
Use access code: Scotland2020

“I loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better.”

SilverCloud Health User